



Fresh Choices! Changing for the Better

Breastfeeding Resources & References for Health Professionals

Minnesota WIC Program

Hospital/Clinic Practice and Protocols

- 🍏 Academy of Breastfeeding Medicine: <http://www.bfmed.org/> Membership info, protocols, news releases & more
- 🍏 Baby-Friendly Hospital Initiative: UNICEF Baby-Friendly USA at 1-508-888-8092 or info@babyfriendlyusa.org or <http://www.babyfriendlyusa.org/eng/index.html> Evidence for the ten steps to successful breastfeeding. World Health Organization, Geneva, 1998. <http://www.babyfriendlyusa.org/eng/10steps.html>
- 🍏 CDC Guide to Breastfeeding Interventions: Evidence-based interventions, including maternity care practices, support of breastfeeding in the workplace, and others. http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf
- 🍏 A Breastfeeding-Friendly Approach Depression in New Mothers: Curriculum by New Hampshire BF Task Force. 2007. <http://www.nhbreastfeedingtaskforce.org/>

Medications and Potential Contraindications to Breastfeeding

- 🍏 Lactation Study Center: computerized database, with free information for professionals; 585-275-0088.
- 🍏 Medications and Mothers Milk, Hale. 13th Ed, 2008. Online version also available. Clinical Therapy in Breastfeeding Patients. Hale and Berens. 2nd Ed, 2002. Pharmasoft Medical Publishing, Amarillo, Texas 79124. <http://www.ibreastfeeding.com>.
- 🍏 Dr. Hale's Breastfeeding Pharmacology Page. <http://neonatal.ttuhsc.edu/lact/>
- 🍏 Lawrence, RA. A Review of the Medical Benefits and Contraindications to Breastfeeding in the United States. Maternal and Child Health Technical Information Bulletin; Maternal and Child Health Bureau. October 1997.

<http://www.mchlibrary.info/pubs/default.html> (Nutrition & Breastfeeding category.)

🍎 **Nebraska Teratology Information Service:** Hotline resource for health care providers at 402-559-5071.

🍎 **Organization of Teratology Information Specialists:**
<http://www.otispregnancy.org/>

🍎 **NIH Toxnet / Lactmed:** <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Patient Education and Referral Resources

🍎 **Initiating the Discussion of Breastfeeding.** Rather than asking about feeding plans, use an open question, such as "What have you heard about breastfeeding?"

🍎 **National Women's Health Information Center.** Information on-line in English, Spanish, Chinese. Order free copies of *An Easy Guide to Breastfeeding*.
<http://www.4woman.gov/breastfeeding/index.cfm?page=home>

🍎 **Translated Breastfeeding Information**

- Spanish: <http://www.4woman.gov/espanol/lalactancia/index.cfm>
- WIC Works website: search by language.
<http://riley.nal.usda.gov/wicworks/resources/ResourceSearch.php>
- UNICEF UK, materials in many languages:
<http://www.babyfriendly.org.uk/page.asp?page=95>

🍎 **Breastfeeding Information on the Internet**

- **La Leche League of MN** <http://www.llusa.org/web/MNDak.html>
or 612-922-4996
- **LLL International Web Site:** <http://lalecheleague.org/> Links to other organizations also.

Professional Resources

🍎 **LACTNET**, for health professionals only. Subscribe or search archives by topic:
<http://community.lsoft.com/archives/LACTNET.html>

🍎 **Agency for Healthcare Research and Quality (AHRQ): Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries.** April 2007.
<http://www.ahrq.gov/clinic/tp/brfouttp.htm>

- 🍎 **The Breastfeeding Answer Book, 3rd Ed.** Nancy Mohrbacher & Julie Stock. 2002. La Leche League International.
- 🍎 **Breastfeeding and Human Lactation 3rd Ed,** 2005. Riordan, Jan and Kathleen Auerbach, Jones and Bartlett.
- 🍎 **Breastfeeding: A Guide for the Medical Profession, 6th edition** 2005. Ruth Lawrence, Mosby.
- 🍎 **Textbook of Human Lactation.** Hale and Hartman. 2007

Other

- 🍎 **Becoming a Lactation Consultant.** IBLCE web site: <http://www.iblce.org/>.
- 🍎 **Minnesota Law:**
 - **Work Place Support:** <http://www.revisor.leg.state.mn.us/stats/181/939.html>
 - **Indecent Exposure Exemption:**
<http://www.revisor.leg.state.mn.us/stats/617/23.html>

Note: Many other resources are available. This is not a complete list of available resources, and is not meant as an endorsement. You are welcome to copy this list. Information Subject to Change. Please contact MN WIC Program Breastfeeding Coordinator at 651-201-4406 or mary.b.johnson@state.mn.us to update information on this list.